[SOURCE:REDDIT]

My 7 Years of NoFap knowledge Condensed Into a 15 Minute Read.. This Could Be The Post That Changes Your Life or Gives You A Helpful Perspective

Are you ready to change and be the person you were meant to be? After all, you're here. and you're looking for answers, right? After 7 years on this journey one of the many truths I've discovered is you'll never be the man god intended you to be if you look at porn and/or fap, you're living a half ass subpar version of yourself if you continue to engage in these behaviours.

I feel like I have enough information that could save some people from a lot of trial and error. My hope, from the moment of my writing this. I can share my subjective experience on this part of my journey. All it takes is the right message to hit the right person at the right time. Maybe it’s you, or maybe if I'm lucky a few of you.

Before I begin, you need to understand if you want to be a 1% man you need to do what 99% of men won't do, this is the warrior’s path, it's physically and mentally challenging which is why most men will never attempt this, each and every single one of you have the power within you to do everything I'm going to explain, you've just forgotten and given it away to PMO, honestly ask yourself, do you really want to change? Better question. what are the consequences if you don't change? Picture yourself 10 years older with these same habits, how does that make you feel? What a shame it would if you lived your entire life and never experienced the god force energy awakened inside of you.

In March of 2014 I stumped a YouTube video which I'm sure has been discussed by many in these forums “The Great Porn Experiment” I was intrigued...and. I was immediately flashed with the realization there was a part of my life I NEVER questioned was doing any damage to my life...we were never thought to question the harm of what some pixilation’s on a screen could have on our brain.. after all, porn is relatively new if you think about it and we have yet to know what the true damage of this really is. I never questioned my daily PMO habit, it was as normal as taking a shower or brushing my teeth and it's free and accessible with any internet connection. This is a (somewhat) silent epidemic, I do feel more people are becoming aware of this but still not enough.

I made a promise that night. 6 months no porn and no masturbation, and, well. I did it and it was one of the hardest things I've ever been through (no pun intended) 6 months later- I was unrecognizable, there are details I could lay out but quite frankly if I typed them out you may think they're absurd, but let's just say Nofap and being porn free will transform every part of who you think you are.

And here's the answer: Superpowers are absolutely real, anybody who tries to debunk this hasn't done a long streak, I promise you, I have yet to read or meet someone that's gone longer than 3 months without PMO who will say "I didn't really notice anything"

Benefits I've experienced that I believe are 100% real and NOT placebo, I'll start with the obvious ones and go farther into the juicier more subtle ones that I don't think are talked about enough.

More raw energy, like, through the roof, some days where I feel like I need to sprint to let it out (You can learn to channel this into creative work, exercise, meditation)

Mental Clarity

My hair grows thicker

My senses are intensified (Music sounds 10x better)

I can pick up on energies of other people, I can feel their intentions both good or bad. Also, it feels like people want to open up and tell me things they never tell other people

I care a lot of my personal hygiene, my teeth being white, dressing better, smelling better

More grounded, present energy

Eye contact feels effortless

I feel like I'm happier with less material possessions. remember, true abundance is being happier with LESS. not more.

People feel they need to qualify themselves to me more, this one hard to explain but if you've been on this path long enough you may know what I mean

The small things in life seem much sweeter

A need to learn new things, I have a desire to learn multiple new languages and am currently doing so

People will treat you different, and they'll say something is different about you but they'll never know exactly what it is. You too, know something is different that isn't explainable in words

People stare at me more; this one is funny. the only way I could explain this is you have a glow inside and out

I feel excited about life each day

You're fundamentally a different person for the better, so you'll attract better people into your life

I could list 20 more benefits, but you get the point.

One night I was scrolling through instagram and a picture triggered me (by the way, instagram has turned into soft core porn, more on that later) and I thought "Hey, its been a little over 6 months, why not break this streak" also, I remember thinking "This will be an experiment to see how I feel after" I remember just the thought of fapping started to make my heart race TONIGHT IS THE BIG NIGHT! So, I did it, not while looking at porn but I looked at some risky photos online and my mouth went dry and I could literally feel dopamine rushing into my brain, this shit was intense and uncontrollable (Looking back, this is because my brain was completely reset) and it felt like I was a 10 year old looking at it for the first time. I slept like ROCK that night, 10 hours and I felt super happy the next day, almost like an after glow for several days after, 3 days later I was smacked with what I can only say felt like a comedown. I did some self-reflecting and I thought.. Jesus, when I looked at porn everyday in the past I didn't get a rush anything close to what I felt a few nights ago just off a

few PG-13 pictures, was my brain that numb to the stimulation? The answer, yes.. Can you see what’s going on? Your brain becomes desensitized and that spills over to every part of your life.. how music sounds, how a sunset looks, how beautiful your parter is. Your trading off those beautiful moments for minutes (or hours) of artificial pleasure. It’s a trade off.. there is no free lunch. The truth is that music, that sunset, that walk, that drive, and your partner bring real lasting fulfillment. By looking at porn your consenting to lowering your vibration which will inevitably make you worse off in every way. Can you feel the truth of what I’m saying? Or has your brain rationalized your addiction? Let me put it simply. Porn rots your soul. These are not opinions and this is not conjecture, these are facts. I fought this for many years and didn't want to believe it.

I am not condoning looking at porn, but sometimes an experience can give you more conviction. Direct experience is KING and further proves why you made changes in your life. If you can get yourself to go over 3 months not looking at porn. I dare you to look at it for 5 minutes an watch what happens, how you feel, and how your brain and body react..you'll quickly see how stimulating it is especially if you've reset your brain..This shit is digital cocaine.

Social media has become hyper sexualized and glamorized, as I mentioned above, basically soft core porn and it doesn't seem like its going to get better anytime soon, be careful, social media can quickly trigger the neurotransmitters in your brain.

The situations (A) and (B) could be applied to any trigger, but I'll use an instagram picture for this example

Situation A:

You see picture > You get triggered > Dopamine gets released > You think about edging > You Fap > You feel like shit > You wake up groggy > You aren't as productive the next few days >and so it continues (Downward spiral into other areas of your life)

Situation B:

You see the picture > You get triggered > Dopamine gets released > STOP. Go read, go for a walk, meditation or exercise > You clear your head / You may get a new creative idea > You feel better about yourself you didn't cave into fapping > You feel empowered > and so it continues (Upward spiral into other areas of your life)

There is power in momentum, when you get on a good streak.. you can only get on what I can describe as an upward spiral of self improving and it just continues to compound. The times throughout the years I got weak and looked at porn for a few minutes, edged a bit, led to me losing momentum in other areas of my life.

Throughout the years I've done everything from fapping once per month, once per week, only looking at porn once a week, only edging a few times a week, going on 4 month streaks.. and here's what I've come the conclusion of...you may not like the truth, but here is my truth:

Not masterbating at all and not looking at porn is the only way, do you need a release? Let nature do it when its ready (Noctural emissions) I spent a lot of time and energy trying to figure this part out (Is fapping 1 time per month ideal? 1 time per week? 1 time every few months?) None... let your body take care of it for you while you sleep or occasionally through sex.. your brain knows the difference, but this is not an excuse

to have sex and ejaculate all the time, honestly.. if you're having sex and ejaculating all the time you're still going to drain your life force, sorry, I didn't make the rules this is just how it is.

The truth is, there is only the straight and narrow and there is no in between. Choose right, or chose left. Porn can, and will, change the programming of your brain and they way you see this world.. these are facts, please don’t let your brain convince you otherwise.

Make this change, commit to yourself and in 5 years you will nearly have tears of joy you escaped what could've turned into a sub-par man. Learn to Read, Meditate, Invest your money, research what the FIRE movement is, lift weights, sweat, do yoga, download the app "Stamena" and do it every single day, drink more water than you think you should, it matters more than you think.

This is the key to the gate to experience highest version of yourself. Why would you wait to experience the best version of yourself now that you know the answer? There is no better moment than now, this moment, right here right now, not tomorrow, not next week.

Do you want to be a man..or a mouse? A king..or a peasant? The choice is yours, if there were a camera crew following you doing a documentary on you, would your life be worth watching?

I love you all, I hope this reaches and changes many.

AMA: open for any questions.

My Guide to Successfully Stop Fapping

Eliminating fapping from my life has been the most difficult journey I've ever undertaken. What makes this task so difficult is that everything surrounding fapping is extremely addictive. Also, quitting is something we more or less have to do on our own.

For some unknown reason, fapping and viewing pornography gives us a lingering feeling of shame. Even though I'm married and overcame the shame enough to talk about my fapping problem with my wife, I found there wasn't much she could do, nor would I want her to have sex with me more often just to "help" me. Like I said, we're pretty much on our own in this struggle; with the exception of the support from fellow NoFappers here on reddit. This, makes it all the more difficult.

With the difficulty of quitting in mind, my approach goes through several phases and it is what I used to wean myself away from the habit. I know everyone is different and this won't work for everyone, but at least it be my attempt at sharing my success with others and aiding fellow brethren in the war on fap.

Step 1 - Quit Porn months before you quit fapping

In our modern world, porn and fapping are linked more closely than ever before in history. The combination of these two is easily one of the most addictive substances on the planet. But, when you take one away - the other is weakened. The easier of the two to eliminate first, is pornography.

Don't quit fapping cold turkey, that approach will only work for a few of us.

Stop looking at pornography, right now.

If stopping porn overnight proves too difficult, wean yourself off. Here is what you do:

Go to the store and purchase 4 short (monthly issue size) non-pornographic magazines. These can be anything from Shape and Bikini Magazine to Victoria Secret as long as they aren't porno. These 4 magazines will be your new and final fapping material, so choose wisely.

Fap using the magazines for as long as you need to, but the idea here is that eventually you will become bored of looking at the same images everytime you fap and eventually stop using them. Buying more magazines is also strictly prohibited!

The entire goal of step 1 is not to stop fapping, it is to stop using external sensory to fuel your fap. Fap in your room with the lights off and let your mind roam free. Once you have mastered fapping without the use of pornography or other sounds/images, continue doing this for a month; or 6, however long you feel you need.

Step 2 - Get yourself busy

Before you quit fapping, start to fill your schedule with other things to do. We all know that sitting alone at home in front of your computer is not a good way to quit porn or fapping. You need to find other things to do! Since porn is out of the way at this point, this task should be much easier. Here are a few tips and ideas for what to do with your time:

Tip: Generally, it is better to be around other people, even if this just involves working from a library or public space

Join a club, gym, or non-profit and give regular attendance to it the same priority you would a job interview.

Stop playing addictive video games, especially online ones. <-- This deserves a subreddit of its own.

If you are gambling, stop.

Start learning to code in a programming language.

Learn to play an instrument that you enjoy the sound of.

Start a business

Travel and visit other countries or domestic locations that interest you

Learn to speak another language, perhaps that of a country you want to visit.

Learn calculus mathematics beyond

Learn biology or something else you might regret not studying in college

Find a better job, and acquire whatever qualifications are needed to attain it

Find a social hobby, like pottery, blacksmithing, or parkour/gymnastics.

Work out, regularly. Get yourself in the kinda shape that will attract a sexual partner. Let's face it, even if you fall in love with someone "for their mind," you'd like them even more if that mind was packing a sexy body. This works for how a possible mate feels about you too.

Step 3 - Face your shame, and fears

Post-fap shame is often tied to other feelings of shame and social fear we have in our life. Write two lists. One of everything in your life that has made you feel shame, and one of every social situation that you are afraid of.

For me a few things on my lists were:

my past porn addiction, and some of the truly disgusting things I fapped to

how I wrongfully treated friends and family

all the times I was selfish and others suffered for it

my fear of introducing myself to people that I don't know

Now you have two options with your shame list:

Forgive yourself/others, burn the list, and forget all of it. Your past isn't as important as your future.

2. (If safe) Try to fix all of your shame and pull a My Name is Earl.

Also two options with your social fear list:

Overcome your social fears.

2. Live as a coward who is afraid of facing his social fears.

I recommend option 1 for both lists, but the choice is up to you. For clarification, I specify social fears because I'm not telling someone to go bungee jumping or crocodile-wrestling. Social fears are things that you are afraid of regarding interaction with other people. A few are, fear of public speaking, fear of engaging the opposite sex in conversation, fear of telling someone you are romantically interested in them, fear of going to a gathering and not knowing anyone, and more.

Step 4 - Attempt NoFap

Take the NoFap challenge and see how long you'll last. I bet it will be a long time.

This worked for me, I hope it can help others as well. I've found that simply quitting pornography was almost enough to

help me stop fapping entirely, but I couldn't break free from the habit until my life began to feel meaningful.

Tips to overcome porn addiction

The new year is nigh! and nofap (NO PORN – NO MASTURBATION) is probably going to be and should be on people’s resolution for the coming year. And I would say don’t wait for 1 January to start your journey to a better you, start it today, start it now.

Here are some tips for you guys starting your nofap journey, if you don’t like the advice, just ignore it (at your own peril) :)

-Delete all the porn you have collected in the ‘system files” folder

-Delete your profile from any porn sites that you have registered to and block all porn emails by unsubscribing to them or by using filters.

-don’t surf the internet/facebook for cute/hot girls, you know where you end up when you do this.

-Avoid being idle. Do something except PMO

-Avoid using the internet excessively, or take a complete break for a month or two and use it only when you have to. It may sound hard, but if you have been unsuccessful in your #nofap attempts. Then you have got to try this. -exercise, workout,

even just push ups help. Use your energy for positive things. Don’t waste it by draining it down the toilet

-In my opinion porn blockers do not work for the purpose intended. If you want to watch porn there is no software in the world that can stop you. So I say, let porn be just a click away and feel pride and obtain power from the fact that though it is just a click away, but you just won’t look at it.

-Use ‘adblock plus’ add-on for firefox or chrome, it blocks most of the problematic ads. Also, if you visit any website regularly that have some ads on it that can trigger your cravings for porn, just block photo’s/ads from that website by using the before mentioned add-on.

-If you’re watching any movie and a sensual/sexual scene comes up, immediately forward it to me, I mean immediately skip it. Read imdb.com’s parents guide before you watch any movie, but if the ‘sex and nudity’ is rated too high, don’t bother reading it, as that guide itself can be a trigger, just go for another movie. ‘R’ rated movies are OK, if they have no nudity, you find it funny, don’t you? Well, the gore in the R rated movies are also problematic but you’re not addicted to that, you’re addicted to seeing the flesh of women, so just go for movies without any nudity. A movie is not more important than your goal of being PMO-free. And, if you’re in the theater just divert your eyes, and if you’re in an adult theater get your ass back home.

-if you are on the internet and you cannot think of anything to do, just turn that thing off before it turns you on and you end being on: you-lose-i-made-you-fap. com

-eat junk, feel junk, watch junk, end up being junk. It’s called junk food for a reason, just avoid it and eat healthy.

-Try to get sex out of your mind, most of the guys are on nofap just so they can have good sex, isn’t it? I think how porn makes you feel about yourself must be the top reason to quit it, not just so that you can get it up for your girl. Sex is an important part of ones life , but just don’t occupy yourself with it 24/7.

I wish you all the best in your journey, and I promise you that great rewards await you at your destination (recovery).

How to Quit Porn: The Long Guide to Overcoming Porn Addiction

Increasingly we are hearing about how porn addiction is a problem in people’s lives. Porn users are ending up with symptoms such as erectile dysfunction, depression, and decreased productivity, and are searching the Internet for answers.

Many try to stop using porn only to relapse, feel like a failure, and go right back to using porn again. However, as gripping as porn addiction is none of us are failures.

Overcoming porn addiction is a process. The phrase reboot is very popular because just like restarting a computer, you have to restart your brain when you overcome porn. The kicker is, this takes time, it’s not fast like your computer.

Your brain has wired itself to enforce your porn addiction. The reason being your brain perceives habits that give pleasure as good, or good for survival, and so it is structured to remind us to repeat those habits.

But of course, in the modern world there's lots of habits that are bad for us like drugs, alcohol overconsumption, and porn. So, we have to overcome the natural tendency of our brains in order to rise above these issues.

While there's a lot of information out there on beating porn addiction, it's scattered and requires extensive research and time to pull together the right information. And how do we know which information to pay attention to and which isn't worth our time?

No need to do any more research, I have compiled critical techniques and steps for you to overcome porn addiction right here. These are the steps that worked for me personally, and resulted from countless hours of research, trial and error, and eventually success. What follows are the keys to beating porn addiction.

Reboot

To reboot is to avoid all artificial sexual stimulation in order to give your brain time to rewire to it's natural sexual state, and reverse the patterns in your brain created by repeated porn use.

To do this you want to get rid of all of your porn, stop watching porn, and stop masturbating to any visual stimulation. This includes no magazines, no bikini models, no lingerie models, no sexy YouTube videos, no porn fantasies in your head, nothing. In fact, it's best to give up masturbation all together if you're serious about making this work. Real sex is okay and masturbation can be, so long as you use only your imagination and don't allow any porn fantasies or porn memories into these moments.

The key here is you have to unlearn the way that porn stimulates you sexually. Porn stimulates you through all visual cues and it involves watching, not engaging in, sex. Our natural sexual arousal is brought on by another human being and doesn't require the use of any artificial visual stimuli.

2. Restrict Your Internet Usage

This is critical, especially in the beginning and can really help the reboot process. The first point here is to only use the Internet for specific tasks that are absolutely necessary. Avoid surfing, social networks, random searches, browsing YouTube, and anything unproductive and unfocused. Random browsing is when you are most vulnerable to end up looking at porn so avoid it completely.

The second point is location. If you usually masturbate with your phone in the bathroom or your computer in bed, then don’t use the Internet in those places. Restrict your usage to public places like a living room if you live with people, or the library or coffee shop if you live alone. If you need help with this step there is a variety of software options available to restrict Internet on your phone and computer. You can read more about those tools in the blog post on tools for porn addiction.

3. Rewire

It’s important to remember during the reboot process that your brain has to rewire back to it’s natural state. The amount of time this takes for each individual varies so it’s hard to give a concrete number.

For some it takes 3 months, others it takes 6, and some even take a year. The point is to allow yourself sufficient time and be patient with yourself. You may not see your full sexual performance return during real sex until your brain has fully rewired. This is ok, just remember you will get there and don't give up. The results will make the struggle worth everything you put into it.

4. Knowledge

I can't emphasize enough how important knowledge is. Start at Your Brain on Porn and read everything you can on porn addiction including the science behind it and the effects it has on users. When you're done with that, buy the $5 ebook, it's fantastic.

Then read this blog post on knowledge as tool to overcome porn addiction and watch all the videos contained in that post. If you'd like more knowledge after reading through that, check out my resource guide which is packed with an extensive list of the best resources including books, videos, websites, and more.

Finally, read all of the posts here on my blog and remember to approach your addiction with curiosity and an open mind.

5. Positive Goals

After you expand your knowledge about porn addiction you need some long term goals and motivation to keep you porn free. Make positive goals to keep yourself on track and formulate solid logic and reasons for why you don't want to look at porn anymore.

Some examples of positive goals include being a better partner to your girlfriend/wife, having sex without the influence of porn, and being a more productive person who uses their sexual energy for productive tasks such as pursuing your dreams. For more on this topic check out the posts on filling the void and the secret to success.

6. Habit Change

Learn your triggers and develop substitution activities. Your triggers are the things that make you vulnerable to look at porn such as boredom (surfing the web) or stress (escaping from responsibilities by looking at porn).

Once you identify your triggers you want to pick some activities to do when you have a trigger. These activities can be go for a walk, go for a jog, workout, do artwork, write, go be with friends, do a hobby, etc. The point is you need activities so that whenever you notice a trigger stop what you are doing and go do a substitution activity. If you don’t go do something else you’re basically playing with temptation and that’s not smart. Plus, the substitution activity uses energy which will make your craving for porn go away.

For more information on changing bad habits to good habits read the post on habit change and for a more advanced understanding, read the book The Power of Habit.

7. Fill the Void

Quitting porn will leave behind a void in your life. Not only was porn occupying a decent amount of your time, but you were

also realizing some amount of satisfaction from it, regardless of how bad you felt afterwords. Dopamine being released in the brain, as happens with porn addiction, also occurs when you accomplish something like eating, working out, or winning competition.

When you quit porn you will need to fill the void of time and accomplishment that are left behind. You want new activities that can occupy your time but also give you a sense of accomplishment. If you don’t do this, you will be extremely likely to fall back to porn and that’s why filling the void is so important.

Some ideas for how to fill the void are: Volunteer in your community or with an organization Start working out Try new things you've always wanted to try Join a sports team Start a business (if this is a dream of yours) Write a book (some of us have always wanted to) Help other people Start pursuing your dream Pursue your dream job (the one you've always wanted)

These are just a few, the point is to get out of your shell and do things that bring you satisfaction and a sense of empowerment. If you feel satisfied every day and empowered in your life you will find that you think about porn less and it will be much easier to quit.

8. Talk About It

Porn addiction is much more common than you might realize, and it is nothing to be ashamed of. Porn caters to our natural sexuality and interest in sex. Once you are addicted, it can be extremely difficult to stop watching it. Addictions are very powerful forces so don’t beat yourself up for having one. The key is to focus only on how you will overcome the addiction.

Come out and talk about it with someone close to you. I recommend your girlfriend or wife if you have not told them yet. This can seem the scariest but honesty is an important part of a relationship and they deserve to know. If this is too much at first then start with a close friend or someone you trust. Tell them about it and seek out their support in your journey to quit.

Some ideas for talking points are to tell them you want to get something off your chest. You can mention thinks like: it is something you have been struggling with for some time, you are trying to quit, it is an addiction and you are seeking support to be porn free, and you have been ashamed to tell anyone until now.

You'll find that people don't react to the news in quite the way you might expect. People usually genuinely appreciate your honesty and courage in coming clean. Furthermore, you will start to feel as if a tremendous burden has been lifted from your shoulders. It will decrease the shame and start to restore your self-esteem when you remove the secrecy behind your addiction.

9. Grow From Failure

It's really important in this whole process to not get burdened by failure. Addicts always beat themselves up with each relapse, falling into deeper and deeper depression and lower self-esteem.

To overcome porn addiction it is critical to stop doing this. Keep reminding yourself of your progress and don't beat yourself up, one slip isn't the end of the world. Instead, learn

from each relapse. Analyze it critically and ask yourself what went wrong here? Did I fail to notice my trigger? Or did I notice the trigger but I didn't go do something else instead to use my energy?

Whatever happened, figure it out and learn from it, this way you continue to get stronger and smarter. For more on overcoming failure read the post on learning from failure.

10. Three Traps: Procrastination, Stress, & Boredom

A) The first trap to look out for is procrastination. If you have stuff to do but you don't want to do it, you are liable to seek out porn for an "easy fix" and a way to procrastinate. Obviously, you don't want this to happen.

One way to avoid this is to break up your goals into smaller chunks. If you're overwhelmed with what's on your plate, breaking it into smaller chunks can help in several ways. This will make your life more manageable and give you increased personal satisfaction as you'll feel good each time you accomplish a chunk.

A second way is to stay on task. Schedule dates, times, and deadlines to achieve your tasks. Keep yourself organized and on track, and this will prevent you from putting things off.

B) The second trap is stress. We are all susceptible to stress and therefore, managing that stress is indeed very important for a productive and healthy life.

Why do people turn to addictions when they are stressed? To escape. In alcohol, in drugs, and in porn we escape. We make ourselves feel good and forget about all this stress.

Where do things go terribly wrong? Escape is only temporary. It resolves nothing and in fact only serves to increase our stress and problems in the end. Our unresolved issues will still be there later, only they will be even more stressful than before.

The solution: learn how to be aware of when you are getting stressed and do something healthy to recharge your energy instead of resorting to porn. One great example is exercise which serves to clear your mind and revitalize your energy. Some other effective tools include practicing mindfulness to be aware of your feelings, and meditation to clear and calm your mind.

C) The third trap is boredom. When you're bored and idle your mind is most vulnerable to think about porn. Out of habit, porn is a way to fill that boredom.

How do you fight off the boredom? If you follow the steps for goal making and filling the void you shouldn't find yourself bored too often. When you are bored, be aware of it and find something productive for yourself to do. Don't allow yourself to idly surf the Internet as this is tantamount to playing with fire.

If you need some additional ideas: hang out with a friend, call family or a friend, go for a walk, exercise, go see a movie, make new friends, read a book, find new activities, or start a new hobby.

11. Positive Thinking Vs. Negative Thinking

If you focus on how terrible you are to your partner for watching porn or how you hate yourself for doing it, this negativity will enforce the habit via low confidence and self-esteem, making you feel depressed which will then make you turn to porn.

Some examples of negative thinking would be focusing on how you need to quit porn because you’re a bad person for watching it, focusing on your personal shame, or focusing on how you've hurt other people with your addiction. You may need to address some negative affects porn had on your life at a future date, but they won’t help you quit porn today.

The secret is to focus on the positive, or what you "can do”. Focusing on a positive goal and on something you can do makes you feel good, confident, and encourages your success.

Some examples of positive thinking are focusing on how quitting porn is going to make you the person you want to be, to realize your ideal self. Alternatively, thinking about how your relationship and sex life will improve is another example of positive thinking. And don’t forget to remind yourself of how awesome you’re doing and how proud you are of yourself, for everyday you go without porn.

12. Cold Turkey Doesn't Work

First, quitting cold turkey assumes you can just quit without addressing any of the root causes of the addiction. This might work for awhile but when your trigger occurs, hint the causes, will you be able to fight the urge to look at porn? Will you even know what your triggers are or what the root causes of your

addiction are? Quitting cold turkey addresses none of these questions, all of which are key to your success.

Second, it doesn't protect you from a relapse. When you try to quit cold turkey you will most likely have a relapse at some point and when you do you will feel like a failure. Then you get up and try again, only this time you try harder. The problem is though, each time you fail it does psychological damage and you beat yourself up for the failure which weakens you against future relapses.

Third, it’s insane. If you try a technique that keeps failing over and over again does that make you persistent or a fool? Insanity is doing the same thing over and over again expecting different results. If quitting cold turkey isn't working the solution is not to try harder, but instead to try different methods and techniques.

Fourth, quitting cold turkey relies on your willpower. Let’s take a moment to soak that in: quitting cold turkey relies entirely on your willpower to end an addiction, and a very powerful addiction at that. Brain science tells us that addictions actually erode your willpower. That’s right, willpower exists in your brain and addictions weaken it. A German study found that increased porn use correlated with weakened connections to the front cortex where our willpower lies. So basically, you’re going to rely on something that is a weakness for you at the moment, to beat one of the toughest addictions out there. Doesn't sound like the best strategy, does it?

13. Count the # of Days (or Don’t)

One step that works for many people is to start counting your days without porn: this is important to track your progress and

know how you’re doing. If you go from porn every day to porn every five days that’s progress! Don’t beat yourself up about relapses. The end goal is no porn but in the meantime it’s one day at a time and the goal is improvement. Everyday you go without porn remember to congratulate yourself and smile! You’re doing an awesome job and don’t forget it.

If counting alone isn't appealing you may want to join a community where you can count amongst a supportive group of like minded people. No Fap, Reboot Nation, and Reddit are all great places to do this.

Caution: this step may not be for everyone. If counting the days just discourages you more than it helps you then you may want to try doing without this step. A good alternative is to develop a really good reason why you can’t look at porn. For example, If you find porn repulsive then you won’t turn back to it easily.

Additionally, focusing intently on the good habits you are implementing to replace porn can make it unnecessary to count the days as you’ll find yourself extremely busy, and not thinking about porn at all.

14. Resist for the Right Reasons

Don’t resist porn because people are telling you it’s bad or just to be a good boy. This is the biggest problem with simply counting down the days you “didn't watch porn". If you want to watch porn but you’re resisting it because you read that it’s “bad”, you’ll eventually get tired of being a good little boy and you will want to be “bad”.

You need to find reasons for yourself that you want porn out of your life. Find the reasons that you want to never do it again and remind yourself of these reasons every time you feel weak. In this way you can kill the urge to look at it. But again, you have to develop your own reasons and you must be doing it for yourself, otherwise you won't truly believe in what you're doing.

15. Mindfulness Meditation

Another great tool to help with addiction is mindfulness meditation. This can help you be present, be aware of any cravings, and clear your mind of porn thoughts.

Many have cited the benefits of meditation while recovering from porn addiction. I'm not going to throw bad advice at you, since I'm not a meditation instructor, so instead I'll recommend some great resources for meditation.

A) Art of Living Foundation. You can find a center near you, enroll in a course, and watch their videos online.

B) Here's a great book on mindfulness meditation titled The Miracle of Mindfulness by a renowned Buddhist scholar and expert on meditation, Thich Nhat Hanh.

C) Headspace. This is a cell phone app for Android and Iphone. There is a 10 day free trial and then the cost is $7.99/month after that if you decide you like it. This app assists with mindfulness exercises for everyday use and can be found in your phone's app store.

So there you have it, 15 steps to overcoming porn addiction. I hope you find them useful in your quest to win against porn addiction.

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